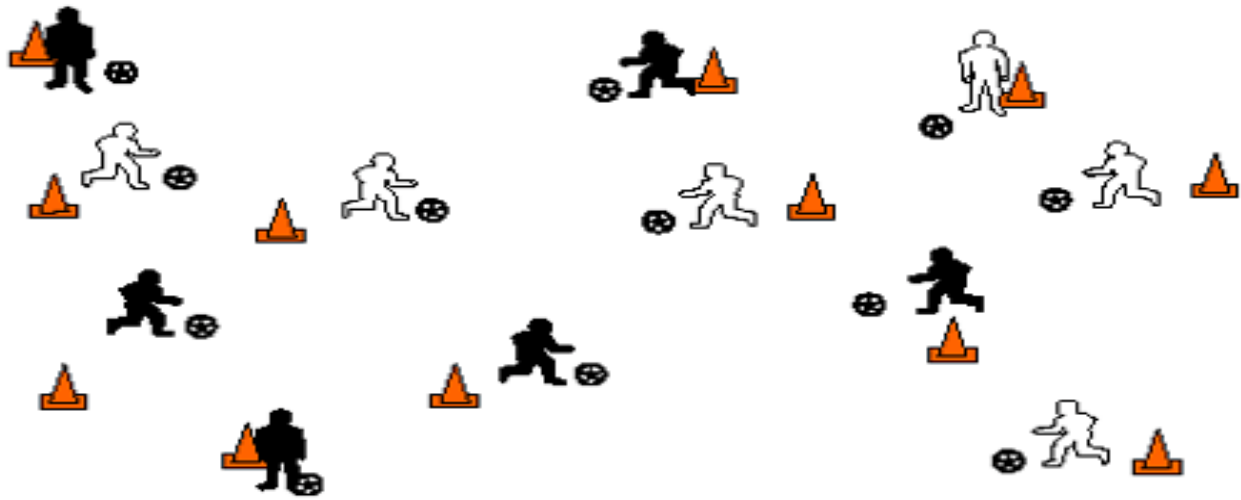


Protect the Cone-Individual



Introduction

Ask your players to pretend that the cones in this activity are their lungs — the whole object is to keep them safe. Only with safe and healthy lungs, protected from the dangers of tobacco, can they win.

The Game

1. Define a rectangular space. Each player starts with a ball and a cone.
2. Each player must protect the cone while trying to attack and kick over other cones. Players must keep the ball under control while defending and attacking.
3. When defending, players must try to block attackers by keeping the ball and their bodies between the cone and the attacker.
4. On attack, players should try to maneuver around defenders while controlling the ball to get a clear kick at their cones. If a cone is kicked over, it can be set up again after an exercise like dribbling or juggling the soccer ball.

Coaching Points

1. This game allows players to stay included by doing some simple exercises. Choose activities that can be performed quickly so players can get involved.
2. Vary the activity to include exercises like push-ups, sit-ups, cartwheels, dribbling, pull backs, stepovers, touches on ball, hopping over ball, etc.
3. Make sure players control the ball while defending and attacking.
4. Watch for players who DEFEND or ATTACK more often.
5. Watch and help players determine when to attack and when to leave the cone, as well as when to defend and when to stay at home around the cone.
6. Help players remember to keep their bodies and the soccer ball between their cones and the attacker.
7. Explosive, quick moves will help attackers maneuver around defenders.

Activity adapted from Centers for Disease Control & Prevention's Smoke Free Soccer Coach's Manual. For more information on Tobacco Free Sports please contact the Kansas Department of Health & Environment's Tobacco Use Prevention Program at tobacco@kdhe.state.ks.us or 877.602.0368